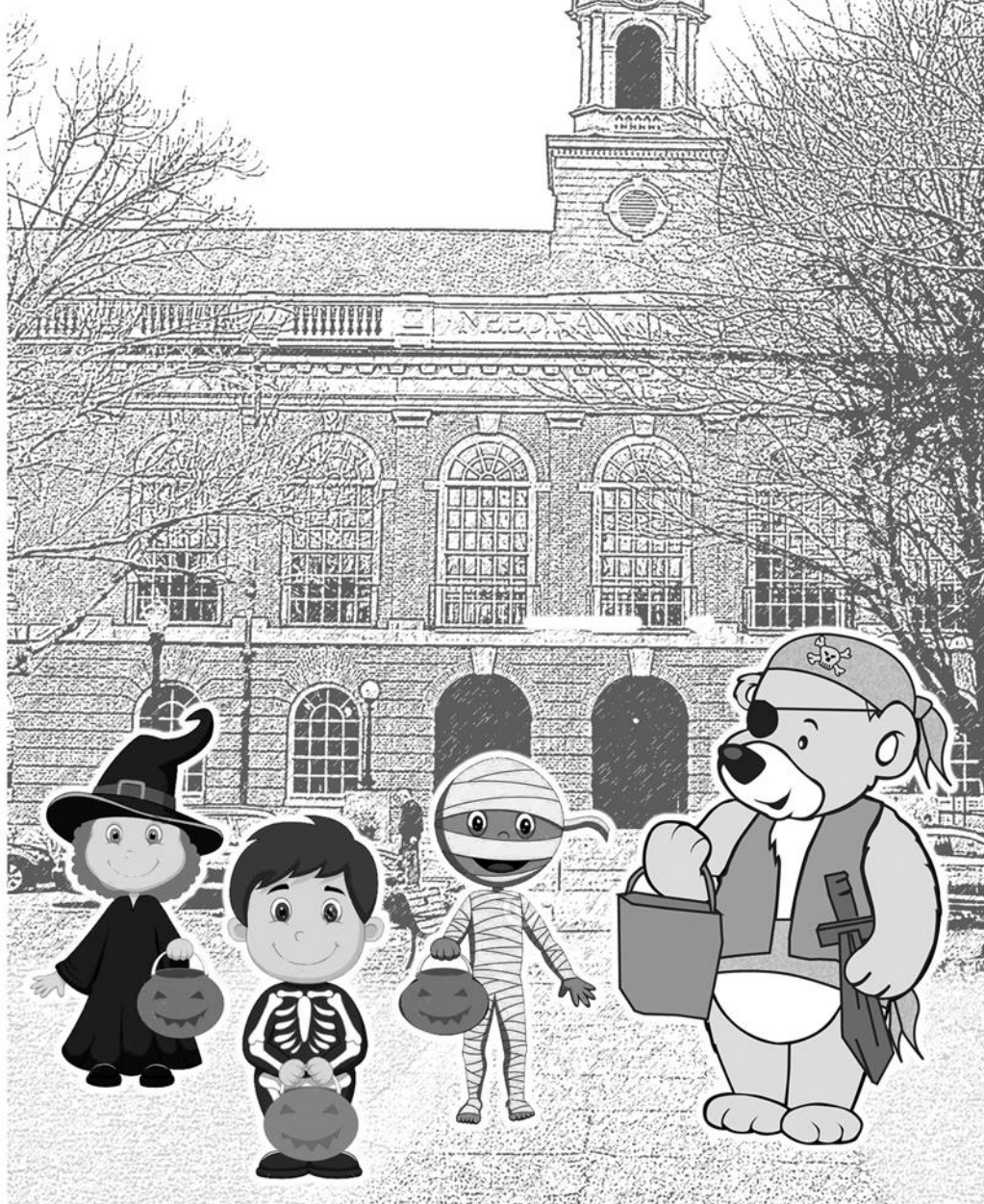


NEEDHAM

PARK AND RECREATION



CHILDREN • YOUTH • TEENS • ADULTS • SENIORS • SPECIAL EVENTS



Welcome to Fall 2016!

An invitation to people of all abilities



People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission.

Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Have you registered for our automatic updates yet?

Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program updates!!

Sign up for Recreation Information by following these steps :

1. Go to the Town of Needham website at www.needhamma.gov
2. Click on the box reading **NOTIFY ME** on the bottom left of the page
3. Enter your e-mail address (or cell phone number for text messages)
4. Select e-mail type, HTML or Text
5. Select box for **RECREATION INFORMATION**
6. Click the **SUBSCRIBE** button



Once you are in the system, you will receive up to date Park and Recreation notifications right at your computer! You may sign up for any of the lists posted.



Needham Park and Recreation will be posting all updates on Facebook and fun pictures on Instagram!
www.facebook.com/NeedhamRecreation
www.instagram.com/needhamandr



Park & Recreation Commission

Matthew M. Toolan, Chairman
Christopher J. Gerstel, Vice-Chairman
Cynthia J. Chaston
David C. DiCicco
Michelle S. Geddes



Director—Patty Carey
Assistant Director—Robyn Fink
Recreation Supervisor—Sarah Mallard
Administrative Specialist—Kristen Wright

The Park and Recreation Commission typically meets the 2nd and 4th Monday of each month.

Special thanks to Adam Witham for the Fall cover design, including "Parker" - our official department mascot! (See page 5 for more information about Parker) Adam is a local Graphic Designer and he can be contacted at adwitham@aol.com for all graphic design needs.

Commission Office

Public Services Administration
Building (PSAB)
500 Dedham Ave.
Needham, MA 02492

Telephone

(781) 455-7550, press 3

Office Hours

8:30am - 5:00pm
Monday - Friday



FALL REGISTRATION BEGINS

Wednesday, September 7, 2016 at 9:00 AM

Register online, in person, or by mail

Park and Recreation does not accept any registrations by phone or fax.



REGISTRATION NOTES

- See Registration Policies located on page 19.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put your name on the waitlist if a space is not available; no payment is collected for space on waitlist.
- All programs are offered to Needham residents on a first come, first served basis, including students in the Needham Public Schools' METCO program.
- **Scholarships** may only be processed by mail or in person.
- **Credits** may be used online.



ONLINE REGISTRATION

Begins at 9:00 AM on Wednesday, September 7, 2016

- Visit www.needhamma.gov/parkandrecreation. From the left hand blue column, click on "Online Registration".
- Create an online account so that information is saved, credits may be used, and information can be reviewed.
- Follow the steps to register all family members and print-out your receipt at the end of registration process.

IN PERSON REGISTRATION

Begins at 9:00 AM on Wednesday, September 7, 2016

and continues during regular office hours.

MAIL-IN REGISTRATION

Complete Registration Form and mail to:
Registration - Park and Recreation
500 Dedham Avenue
Needham, MA 02492

Forms will be processed, in random order,
starting at 9:00am on Wednesday, September 7, 2016
and will continue during regular office hours.



YOUTH PROGRAMS

DOWN ON THE FARM

Join us and Needham Community Farm for an amazing hands-on gardening experience! Discover and learn about farming through stories, songs, and interactive activities with plants, seeds, insects, and soil. Get dirty, meet new friends, and watch your newly planted garden grow while experiencing the beautiful outdoors!
ALL participants are required to attend with an adult helper.

Age: 3—5 year olds (*Birth certificate required for ALL participants*)
Dates: Tuesdays, September 20—October 11
Time: 2:00—2:45pm
Location: Needham Community Farm—Tillotson site
Limit: 8 participants (*minimum of 4*)
On Reg. Form: List *Down on the Farm*
Fee: \$60 per participant (*four week session*)

GLASS FUSING FUN

At the Glass Bar, you will learn to safely handle, cut, grind, and design glass into a beautiful fused glass art. We encourage everyone to test their imagination to find a design that suits them! *In the September and October sessions, participants will create a 4x4 sun catcher during each session. During our November 8th session, we will work with a patriotic theme to celebrate Election Day! On December 10th, we will create Christmas Ornaments, and on December 17th, we will make beautiful Mezuzahs.*

Age: 6 years old and up (*Youth under 9 must be accompanied by an adult participant*)
Session 1: Thursday, September 22—1:30—3:30pm
Session 2: Wednesday, October 26—1:30—3:30pm
Session 3: Tuesday, November 8—10:00am—12:00pm
Session 4: Saturday, December 10—10:00am—12:00pm
Session 5: Saturday, December 17—10:00am—12:00pm
Location: The Glass Bar
Limit: 10 participants per session
On Reg. Form: List *Glass Fusing Fun AND Session #*
Fee: \$35 per participant per session (*1 day sessions*)

SKATEBOARD EDU

Grab your board and pads and join us for the fall session of Skateboard EDU! Come learn how to push, carve, kick turn, and board grab. This class is perfect for those just starting out and those who want to improve their skills.

Age: 8—11 year olds
Dates: Wednesdays, September 28—October 26
Times: 3:30—5:00pm
Location: Pollard Middle School Courts
Limit: 12 participants (*minimum of 5*)
On Reg. Form: List *Skateboard EDU*
Fee: \$50 per participant (*four week session*)

YOUTH PROGRAMS

KIDS NIGHT OUT

Give yourself the night off and treat your child to our monthly supervised night of fun! Your child will join some of their favorite program counselors for a night of interactive games, unique craft projects, a pizza dinner, dessert, AND a full feature children's film! *PJ's and sleeping bags are welcome, but not required!*

Age: 3—10 year olds (*Birth certificate required for ALL 3—5 year olds*)
Sessions: See below for Dates and Movie Selections
Time: 5:30—9:00pm
Location: Public Service Administration Building (500 Dedham Avenue)
Limit: 35 participants per session
On Reg. Form: List *Kids Night Out AND Session*
Fee: \$16 per participant per session



DATE

Friday, September 23

In a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy.

MOVIE

ZOOTOPIA (PG)

Friday, October 21

HOTEL TRANSYLVANIA 2 (PG)

Dracula and his friends try to bring out the monster in his half human, half vampire grandson in order to keep Mavis from leaving the hotel.

Friday, November 18

ANGRY BIRDS (PG)

Find out why the birds are so angry! When an island populated by happy, flightless birds is visited by mysterious green piggies, it's up to three unlikely outcasts—Red, Chuck, and Bomb—to figure out what the pigs are up to.

Friday, December 16

FINDING DORY (PG)

The friendly-but-forgetful blue tang fish begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way.

HAVE YOU MET PARKER, THE PARK AND RECREATION BEAR?!

Parker, the happy bear gracing the cover of this fall brochure, is the official Needham Park & Recreation Department mascot!! Parker lives at our office most of the time but had loads of fun visiting our Youth Programs and Rosemary Pool this Summer and can't wait to see everyone again during the Fall Programs!



YOUTH TENNIS LESSONS

Quickstart Tennis is an exciting play format designed to bring children into the game by utilizing special equipment and a court with dimensions tailored to age and size. Quickstart Tennis is fast, easy, and fun! **Racquet required.**

OUTDOOR SESSION

Age: 5—7 year olds (*Birth certificate required for ALL 5 year olds*)
Session: Saturdays, September 17—October 8
Times & Ages: 9:00—10:00am Ages 5—6
 10:00—11:00am Ages 6—7
 11:00am—12:00pm Ages 5—7
Location: Pollard Middle School Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *OUTDOOR Quickstart Tennis Lessons* **AND** *Time*
Fee: \$48 per participant (*four week session*)

INDOOR SESSION

Age: 5—7 year olds (*Birth certificate required for ALL 5 year olds*)
Session: Wednesdays, October 19—November 16
Time: 6:00—7:00pm
Location: Pollard Middle School—Green Gym
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *INDOOR Quickstart Tennis Lessons*
Fee: \$60 per participant (*five week session*)

Junior Tennis covers the basic aspects of the sport including forehand, backhand, serve, volley, overhead, and strategy! **Racquet required.**

OUTDOOR SESSION

Age: 8—13 year olds
Session: Saturdays, September 17—October 8
Times & Ages: 9:00—10:00am Ages 8—10
 10:00—11:00am Ages 11—13
 11:00am—12:00pm Ages 8—13
Location: Mills Field Tennis Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *OUTDOOR Junior Tennis Lessons* **AND** *Time*
Fee: \$48 per participant (*four week session*)

INDOOR SESSION

Age: 8—13 year olds
Session: Wednesdays, October 19—November 16
Times: 7:00—8:00pm
 8:00—9:00pm
Location: Pollard Middle School—Green Gym
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *INDOOR Junior Tennis Lessons* **AND** *Time*
Fee: \$60 per participant (*five week session*)

YOUTH PROGRAMS

ICE SKATING LESSONS

Review the detailed level descriptions below and choose appropriately for your child's current ice skating ability. On the first day of lessons, children will be sorted into small groups, within their class level and time, by ice skating ability. **All five year olds MUST register for Penguins Level, then after being evaluated through the first week, can be moved to a different level if appropriate.**

Age: 5 years and older (*Birth certificate required for ALL 5 year olds*)
Dates: Tuesdays **AND** Thursdays, October 11—November 3
Times & Levels: (See Levels & Times below)
Location: St. Sebastian's School Ice Skating Rink
Equipment: Single blade skates and **helmets** required. (*No rentals are available*)
 Gloves and warm, layered clothing recommended.
On Reg. Form: List *Level (Penguins/Snow Leopards/Snowy Owls/Polar Bears)* **AND** *Time*
Fee: \$55 per participant (*four week session—8 classes*)

LEVELS & TIMES

PENGUINS: 3:30 - 4:00pm OR 4:00 - 4:30pm OR 4:30 - 5:00pm

Figure Skates OR Hockey Skates

Limit: 3:30 class—20 participants, 4:00 and 4:30 classes—15 participants
 ♦ Has never skated before and/or needs assistance standing and moving on skates
 ♦ **ALL** five year olds must register for Penguins



SNOW LEOPARDS: 3:30 - 4:15pm OR 4:15 - 5:00pm

Figure Skates OR Hockey Skates

Limit: 3:30 class—20 participants, and 4:15 class—15 participants
 ♦ Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
 ♦ Will work on refining basic skills, snow plow stop, gaining confidence and speed.



SNOWY OWLS: 4:15 - 5:00pm

Figure Skates ONLY

Limit: 10 participants
 ♦ Refined, confident figure skating skills: can glide forward and backward, perform sculling, and perform proper stops.
 ♦ Will work on turns, crossovers, one-footed skills, spins and jumps.



POLAR BEARS: 4:15 - 5:00pm

Hockey Skates ONLY

Limit: 10 participants
 ♦ Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
 ♦ Will work on different stops, turns, crossovers, edges and increase speed.



YOUTH PROGRAMS

TERRIER DODGEBALL

A great program for kids to have fun being active! Kids love the fast paced action, throwing, catching, and of course dodging balls in this classic game. Teams are organized by grade and style with team shirts. At the conclusion of the program, teams also enjoy a tournament for the coveted Terriers Dodgeball Bucket.

Age: 8—11 year olds
Dates: Tuesdays, November 8—December 6
Time: 6:00—7:00pm
Location: Pollard Middle School—Blue Gym
Limit: 40 participants (*minimum of 14*)
On Reg. Form: List *Terrier Dodgeball*
Fee: \$135 per participant (*five week session*)

ARCHERY LESSONS

Try out the traditional recurve archery as seen in the Olympics! Relax as you aim for your target and feel the thrill of success when your patience and concentration pays off. All equipment is provided. Class is led by two certified USA Archery and National Field Archery Association (NFAA) instructors.

Age: 8—16 year olds
Dates: Thursdays, November 10 —December 8
Time: 6:30—7:30pm
Location: Pollard Middle School—Green Gym
Limit: 10 participants (*minimum of 5*)
On Reg. Form: List *Youth Archery*
Fee: \$100 per participant (*four week session*)

LEGO—MINECRAFT

This 3-hour program will be centered around everything LEGO Minecraft! Join the team from Event-FULL! and use your imagination to build your very own 3-D Minecraft World of blocks! You can then place mini-figurine Minecraft characters and go on adventures in the Minecraft World that YOU created! The LEGOs stay with us but the experience is yours forever!

Age: 5—10 year olds
Session: Friday, December 30
Time: 9:00am—12:00pm
Location: Eliot Elementary School—Cafeteria
Limit: 15 participants (*minimum of 8*)
On Reg. Form: List *LEGO—Minecraft*
Fee: \$50 per participant (*1 day session*)

YOUTH PROGRAMS

AMERICAN GIRL CREATE & PLAY— ICE CREAM SHOP

Join the team from Event-FULL! and bring your special friend for 3 fun-filled hours of doll-sized crafts and play! Each participant will make an Ice Cream Shop for their doll to “work” at and create pretend ice cream treats for the customers to enjoy!

Age: 5—10 year olds
Session: Friday, December 30
Time: 12:45—3:45pm
Location: Eliot Elementary School—Cafeteria
Limit: 15 participants (*minimum of 8*)
On Reg. Form: List *American Girl Create & Play*
Fee: \$55 per participant (*1 day session*)

TEEN PROGRAMS

TGIF NIGHTS

Calling all middle schoolers! TGIF (Teens, Games, Infinite Fun) Nights are just for you! DJ, games, activities, and hang time make up these nights of crazy fun!



Follow us on instagram @TGIF_Nights for more information.

Age: 6th—8th graders
Dates: Friday, October 14—7th and 8th graders only
 Friday, November 4— 6th graders only
 Friday, December 9—7th & 8th graders only
Times: 7:30—10:00pm
Location: Pollard Middle School Green and Blue Gyms and Cafeteria
Limit: 75 participant pre-registration minimum
On Reg. Form: List *TGIF Nights AND Date(s)*
Fee: \$10 per participant per event (PRE-REGISTRATION)
 \$15 per participant per event (AT THE DOOR)



Needham's Walk Through History

Sunday, October 2, 2016
11:00am – 3:00pm

Walk, Ride, or Drive through 300 years of Needham's History!

Maps will be available at the NBA Harvest Fair on October 1st!

Visit www.needhamhistory.org/HistoryWalk for more details!



WINTER SAFETY TIPS

SAFE SLEDDING TIPS

- Examine area for hazards such as trees, rocks, and “man-made” jumps.
- Dress properly, protecting hands, feet and your face from the cold.
- Check sled before use. Do not use sleds without a method of control.
- Sled on snow-packed hills with at least one other person. Do not sled on ice!
- Keep your head at back of sled and wear a helmet.
- **DO NOT build snow jumps!**



OUTDOOR SKATING

- Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze.
- Ice depths are **not** checked during winter storms and clean-ups.
- Signs posted at each location must be observed.
- Current ice depths and skating conditions are posted on the Park and Recreation website, under ‘Outdoor Skating and Sledding’ (www.needhamma.gov/parkandrecreation) and on our Facebook Page (www.facebook.com/NeedhamRecreation).

SAFE SKATING TIPS

- Always skate with at least one other person.
- **Skate on areas with 6 or more inches of black ice.**
- Remove loose objects from ice surface.
- Skate in well-lit areas only. *Lights are currently available at the Reservoir and Horsford on weekends, holidays and over school vacations, when there is at least 6 inches of black ice!*
- Hockey players should be careful skating near young children. Hockey is not permitted at the large pond at Horsford.



OUTDOOR SKATING LOCATIONS

HORSFORD: on Central Avenue—across from RTS, at entrance to Town Forest.

FARLEY: on South Street, 3/10 mile from Chestnut Street intersection—on right

RESERVOIR: on Dedham Avenue—behind the Public Services Administration Building.

WALKER-GORDON: on Charles River Street, 2/10 mile from Central Avenue—on right.

ROSEMARY LAKE: on Rosemary Street—enter from small parking lot near apartments.
Please note: Warm water streams keep Rosemary Lake from freezing quickly!

SPORTSMAN: on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.

NEEDHAM GOLF CLUB PUBLIC HOURS

Please visit <http://www.needhamgolfclub.com/residents-guide.html> to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS 3:00 PM - Closing
TUESDAYS 8:00 AM - Closing



EARLY REGISTRATION

FALL REGISTRATION—WINTER PROGRAM!



NASHOBA VALLEY SKI & SNOWBOARD LESSONS

Six weeks of fun on the slopes with optional one hour lesson and approximately 2.5 hours of practice time. Bus transportation and supervision are provided. Experienced instructors, quality equipment, 9 lifts and 17 trails are available for the beginner just learning and for those who have a little more experience wanting to ski close to home! Brand new Head Snowboard and Solomon Ski rental equipment available.

Age: 10 years old and up
Dates: Saturdays, January 7 – February 11, 2017
Times: 7:15am—1:15pm
(Bus leaves from and returns to PSAB—500 Dedham Avenue)
Location: Nashoba Valley—Westford, MA
Limit: 35 participants (*minimum 20*)
On Reg. Form: List *Ski & Snowboard Lessons*
Fees: **WITH LESSONS: \$490** per participant
WITHOUT LESSONS: \$445 per participant
****Make REGISTRATION checks payable to Town of Needham****

RENTAL EQUIPMENT (for 6 weeks)
\$110/person/Ski **OR** Snowboard rental fee
\$45/person/HELMET rental fee
\$60/person/PURCHASE HELMET

Everyone renting equipment from Nashoba Valley **MUST** attend the pre-fit meeting on

Wednesday, December 7th at 6:30pm—7:00pm
at the Park and Recreation Office.

****Make RENTAL EQUIPMENT checks payable to Nashoba Valley during pre-fit Night****
****DO NOT** mail rental fee in with the registration fee**

REGISTRATION DEADLINE is 5:00pm on
Wednesday, December 7th
OR until program is full—No Exceptions!

DON'T WAIT UNTIL THE LAST MINUTE TO REGISTER!
THIS PROGRAM TENDS TO FILL VERY QUICKLY!

FREE PROGRAMS

TAKE A HIKE

These walks are geared towards walkers of all abilities, and friendly dogs must be on leash. Please pre-register for this FREE program, so that the Trail Stewards can be prepared. When you register, please print out your receipt so that you will receive directions to the trail, where to park, what to bring, what to wear, and the inclement weather plan.

Age: ALL AGES
SESSIONS: 1: Saturday, September 24
Trail Walk on the Rosemary Property
10:00—11:30am
2: **Saturday, October 8**
Trail Walk on the Rail Trail
10:00—11:30am

On Reg. Form: List *Take a Hike* **AND** Session #

FALL TOWN-WIDE CLEAN UP DAY

Sponsored by:

Needham Park and Recreation Commission and DPW Parks and Forestry

Saturday, October 15, 2016
8:30—11:00am

All Ages! Rain or Shine!!

(Youth under 12 must be accompanied by an adult)

CHECK-IN at the Public Services Administration Building (PSAB) Parking Lot
BETWEEN 8:30am and 11:00am on Saturday, October 15th to receive your clean-up
site location and trash bags. **Clean-up will end by 12:00pm.**

Be sure to dress according to the day's weather and bring your work gloves!

**Join us and other Needham Residents in spending a few
hours keeping Needham beautiful!**

How to Register:

ONLINE (Preferred Method), **BY MAIL** OR **IN PERSON** at the Park and Recreation
Office, 500 Dedham Avenue. *Registration is requested to ensure enough supplies are
available throughout the day.*

Coming with a group? Email Robyn Fink (rfink@needhamma.gov) with the total
number of people, and she will arrange your clean up site before October 15th.

ADULT PROGRAMS

ADULT GOLF LESSONS

Let this be the fall you learn the game of golf or work on improving your fundamental skills! Needham Golf Club's PGA instructor welcomes both beginners and advanced players.

Age: 17 years old and up
Dates: Tuesdays, September 13—October 18
Times: 5:00—6:00pm BEGINNER
6:00—7:00pm INTERMEDIATE
Location: Needham Golf Club
Limit: 7 participants per session (*minimum of 4*)
On Reg. Form: List *Adult Golf Lessons* **AND** Time
Fee: \$110 per participant (*five week session*)

ADULT OUTDOOR TENNIS LESSONS

Fall is the perfect time to work on your tennis skills—a lifelong activity! Sign up for the appropriate level and bring your racquet.

BEGINNER LEVEL: For those without any prior tennis playing experience.

ADVANCED BEGINNER LEVEL: For those with some experience who understand the basics, but want to improve their tennis game.

INTERMEDIATE LEVEL: For those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage, and match play.

Age: 17 years old and up
Dates: Thursdays, September 15—October 13
Times: 9:00—10:00am BEGINNER/ADVANCED BEGINNER
10:00—11:00am ADVANCED BEGINNER
11:00am—12:00pm INTERMEDIATE
Location: Mills Field Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *Adult Outdoor Tennis Lessons* **AND** Time
Fee: \$75 per participant (*five week session*)

ADULT COED BADMINTON

Six courts are set up for doubles games for beginner to advanced levels. Pay one fee for the season from late September—June! Occasionally Needham High School events are scheduled on Mondays, no make-up dates are available.

Non-resident registration will begin on **Wednesday, September 14, 2016 at 9:00am.**

Age: 17 years old and up
Dates: Mondays, September 19, 2016—June 12, 2017
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 50 participants
On Reg. Form: List *Adult Badminton*
Fee: \$80 per participant

ADULT PROGRAMS

ADULT COED BASKETBALL

For players with some experience, teams are formed each evening for pick up play. Two courts available. Pay one fee for the season from late September – June! Occasionally Needham High School events are schedule on Wednesdays, no make-up dates are available.

Non-resident registration will begin on **Wednesday, September 14, 2016 at 9:00am.**

Age: 17 years old and up
Dates: Wednesdays, September 28, 2016—June 7, 2017
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 40 participants
On Reg. Form: List *Adult Basketball*
Fee: \$80 per participant

ADULT COED VOLLEYBALL

For players with some experience, teams are formed each evening for pick up play. Two courts available. Pay one fee for the season from mid-October – June! Occasionally Needham High School events are schedule on Thursday, no make-up dates are available.

Non-resident registration will begin on **Wednesday, September 14, 2016 at 9:00am.**

Age: 17 years old and up
Dates: Thursdays, October 13, 2016—June 8, 2017
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 60 participants
On Reg. Form: List *Adult Volleyball*
Fee: \$30 per participant

SENIOR PROGRAMS

SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year with this friendly, supportive group where you walk at your own pace, meet new people, and feel better through movement! Flexible schedule allows you to go all three days or whenever it fits your schedule! A coordinator is on site each day to oversee warm-up exercises.

Age: 50 years old and up
Dates: Tuesdays, Wednesdays, **AND/OR** Thursdays
October 4, 2016—April 13, 2017
Time: 3:00—4:00pm
Location: Needham High School
On Reg. Form: List *Senior Indoor Walking Club*
Fee: \$30 per participant

SENIOR PROGRAMS

SENIOR YOGA

Join a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance, and strength with some quiet meditation and relaxation. Students will need to bring a yoga mat (or towel) and be prepared to be on the floor.

Age: 50 years old and up
Dates: Mondays, October 17—December 12
Time: 10:00—11:00am
Location: Needham Public Library Community Room
Limit: 25 participants (*minimum of 10*)
On Reg. Form: List *Senior Yoga*
Fee: \$25 per participant (*nine week session*)

SENIOR EXERCISE

Three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social and supportive setting! Detailed descriptions listed below. Register for one, two, or three classes!

Age: 50 years old and up
Sessions: **MONDAYS 9:00—10:00am October 17—December 12**
Judi will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing smiles!

Note Location: Needham Public Library Community Room

WEDNESDAYS 9:15—10:15am October 19—December 21
Join us for a low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention!

FRIDAYS 10:30—11:30am October 7—December 16
Arlene will share toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe. Bring your list of areas that need work for individual guidance!

Locations: **Mondays**—Needham Public Library Community Room
Wednesdays & Fridays—The Center at the Heights
Limit: 25 participants per class (*minimum of 10*)
On Reg. Form: List *Senior Exercise AND Day(s)*
Fees: \$25 per participant—1 day per week (*nine week session*)
\$50 per participant—2 days per week (*nine week session*)
\$75 per participant—3 days per week (*nine week session*)

SENIOR GOLF LEAGUE

Our fall session of Senior Golf League started on August 2nd. Please **CONTACT THE OFFICE** at (781)-455-7550 ext. 3 for program information.

GENERAL INFORMATION

NEEDHAM PARKS, PLAYGROUNDS & ATHLETIC FIELDS

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- **Pick up and dispose of trash properly.** Trash attracts bees and wild animals.
- **Trash is picked up by truck so barrels need to be located at entrances.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Park and Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
Parking in fire lanes, in crosswalks, and in front of fire hydrants is illegal and unsafe!
- **Be considerate** of all park neighbors, leaving enough room for access to driveways, and do not park on their lawns.

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

For more detailed information on each program and program contact information, pick up a **2016 Needham Youth Sports Organization Brochure** at the Park and Recreation Office **OR** visit our website at www.needhamma.gov/parkandrecreation and select "Sports Contacts" from the left hand side of the page.

HOW TO RESERVE A FIELD OR PLAYGROUND/TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, which must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups.

LOCATIONS INCLUDE:

Broadmeadow—Broadmeadow Road	Claxton—Central Avenue	Cricket—Hillside Avenue
DeFazio—Dedham Avenue	Greene's—Pickering Street	Eliot—Wellesley Avenue Ext.
Hillside—Glen Gary Road	Mills—Hampton Avenue	Mitchell—Brookline Street
Newman—Central Avenue	Perry—Beaufort Avenue	Riverside—Riverside Street

PLEASE NOTE:

- Bathrooms are available at DeFazio and Claxton.
- **Greene's Field Playground can not be permitted.**
- School playgrounds are not available during school hours.

SPORTS KIT RENTAL

Two Sports Kits are available for residents to use from the Park & Recreation Office.

PLEASE CALL THE OFFICE IN ADVANCE TO RESERVE A KIT!

Items can be rented on an individual basis, or the entire kit costing no more than \$20!

Kits can include: volleyball, badminton, croquet, horseshoes, whiffle ball set, bocce, kick-balls, bases, cones, pinnies, jump ropes, three-legged race ties, grain sacks (for sack races), and frisbees.

REGISTRATION POLICIES

REGISTRATION LIMITS

Registration limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. The Commission reserves the right to cancel classes when registration numbers are low.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants **MUST** be noted age by first day of session. All children ages 5 and under must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. **Registrations for participants 5 and under are not complete without a registered birth certificate.** *If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall. Park and Recreation CANNOT access the Town Clerk's records directly.*

CREDITS/REFUNDS

The Commission has a NO REFUND policy unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation **in writing** to 500 Dedham Avenue, Needham, MA 02492 or to pcarey@needhamma.gov.

CHANGES TO REGISTRATION

To make a change in your registration, call (781)455-7550, press 3. Messages can be left when the office is closed. If space is available, changes will be made. Additional payments may be required if fees are different, due within time required by office. Credits will be given to the family account when the fee is less than original payment.

NON-RESIDENT REGISTRATION

Non-Residents may register the **Wednesday before** a program begins, if space is available, unless otherwise noted in brochure.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

Available to Needham residents, only. Call (781)455-7550, press 3 for more information. **Register in person or by mail ONLY.**

SPECIAL NEEDS PROGRAMING

Call (781)455-7550, press 3 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781)972-1018.

TRUST FUND FOR PARKS

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781)455-7550, press 3 for more details.

LOST AND FOUND

Please call (781)455-7550, press 3 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

SPECIAL EVENTS

SPOOKY WALK

Young children are invited to wear their favorite Halloween costumes for the "Spooky Walk" where small groups of registered participants will be led by a chaperone to trick-or-treat at the designated shops all around Needham Center! As always, adults are welcome to wear costumes too!

Pre-registration is REQUIRED!

Limited to first 150 children each session that pre-register.

No registrations will be taken on the day of the event, NO EXCEPTIONS!

- Age:** 2—8 year olds (Birth certificate required for ALL 2, 3, 4, & 5 year olds)
Dates: Saturday, October 22 (rain date—Saturday, October 29)
Times: Session 1: 10:45am—12:00pm
Session 2: 12:30—1:45pm
Location: Needham Center
Check in with the Park and Recreation staff at the Town Common
Limit: 150 participants **PER SESSION**
On Reg. Form: List *Spooky Walk* **AND** Session #
Fee: \$3 per participant

Registration Note: Registering with a group? Make sure every child is individually registered and include the last name of the other family (families) you'd like to be grouped with on your registration form OR in the NOTES section when registering online. Would you like to volunteer to be a group leader? Let us know when you register in the office OR in the NOTES section when registering online.

TURKEY HUNT!!

Calling all Turkey Explorers! Join us for Park and Recreation's Annual Turkey Hunt where you will enjoy a morning of crafts, games, and of course – a TURKEY HUNT!

Pre-registration is required!

Limited to first 60 children each session that pre-register.

No registrations will be taken on the day of the event, NO EXCEPTIONS!

- Age:** 2—8 year olds (Birth certificate required for ALL 2, 3, 4, & 5 year olds)
Day: Saturday, November 19 (Will be held rain or shine)
Times: Session 1: 9:30—10:30am
Session 2: 11:00am—12:00pm
Location: Broadmeadow School Cafeteria and Playground
Limit: 60 participants **PER SESSION**
On Reg. Form: List *Turkey Hunt*, Session # **AND** Time
Fee: \$5 per participant